



wellness challenge

Exercise your way to better health!

Join the Springtime Shape-Up challenge!

Challenge begins: 4/5/2021

In this challenge, you'll aim to exercise at least 150 minutes each week. Exercising more can help you get fit, control your weight, and improve your overall health!

Join the challenge today!

Visit <https://members.healthadvocate.com/>

- ◇ Click on Springtime Shape-Up from your To Do List
- ◇ Click Join
- ◇ Start tracking your time exercised!

All participants who complete the challenge will earn 50 points towards the NTIC Wellness Program.

